



Becoming a Mom®

Curriculum Content Outline

Kansas Perinatal Community Collaboratives

Utilizing the March of Dimes **Becoming a Mom®** Prenatal Education Curriculum

Content outline includes curriculum handouts original to the March of Dimes Becoming a Mom® curriculum, as well as supplemental handouts that are part of the Kansas model for implementation. All supplemental handouts are denoted with a *

Session 1 – You and Your Pregnancy

- Handout 1 – Keeping healthy during pregnancy
- Handout 2 - Common discomforts of pregnancy
- Handout 3 - Prenatal care
- Handout 4 - Prenatal tests
- Handout 5 - Tips for good oral health during pregnancy*
- Handout 6 - Preterm labor
- Handout 7 - Preterm labor risk reduction*
- Handout 8 - Gestational diabetes
- Handout 9 - Preeclampsia
- Handout 10 - Placenta previa*
- Handout 11 - Rh factor*
- Handout 12 - Group B Strep infection*
- Handout 13 - Tips for a successful appointment

Session 2 – Healthy Pregnancy

- Handout 1 - Eating Healthy
- Handout 2 - Vitamins and other nutrients during pregnancy
- Handout 3 - Don't eat that
- Handout 4 - Shopping on a budget
- Handout 5 - Relieving stress and being active
- Handout 6 - Recommended exercises during pregnancy*
- Handout 7 - Prescription medicines and pregnancy
- Handout 8 - Smoking, alcohol and street drugs during pregnancy
- Handout 9 - Making healthy lifestyle changes
- Handout 10 - Viruses and infections
- Handout 11 - Chemicals and work safety

Session 3 – Labor and Delivery

- Handout 1 - Birth plan
- Handout 2 - Things your baby needs

- Handout 3 - Hospital bag checklist
- Handout 4 - True vs. false labor*
- Handout 5 - Labor and birth
- Handout 6 - Patterned breathing during labor*
- Handout 7 - Alternative relaxation techniques*
- Handout 8 - Stages of labor*
- Handout 9 - Why hold your baby skin-to-skin*

Session 4 – Feeding Your Baby

- Handout 1 - Breastfeeding
- Your Guide to Breastfeeding*

Session 5 – Newborn and Infant Care

- Handout 1 - Infant crying*
- Handout 2 - Calming techniques*
- Handout 3 - Safe swaddling technique*
- Handout 4 - Safe sleep for your baby
- Handout 5 - What does a safe sleep environment look like*
- Handout 6 – Choking*
- Handout 7 - Poisons in the diaper bag*
- Handout 8 - Newborn screening and vaccinations
- Handout 9 - Jaundice*
- Handout 10 - Circumcision*
- Handout 11 - How to change a diaper
- Handout 12 - How to bathe your baby
- Handout 13 - When to call your pediatrician*
- Handout 14 - Your baby's development*

Session 6 – Healthy After Pregnancy

- Physical postpartum changes
- Stress, baby blues and postpartum depression
- Keeping healthy after pregnancy*
- Effectiveness of family planning methods*